



## The Easter Lily

For many, the beautiful trumpet-shaped white flowers symbolize purity, virtue, innocence, hope and life - the spiritual essence of Easter.

# Masenygun

## Bicycle Safety Tips

### Anyone Can Get Hurt

It's easy to crash on a bicycle. These injuries can happen anytime, anywhere. People often think they're safe because they "just ride around the neighbourhood". Unfortunately, most serious crashes occur on quiet neighbourhood streets.

**Helmets are cool! - Wear your Helmet!**

### Safety Tips:

- Always wear a helmet
- Obey all traffic controls
- Ride your bicycle near the right-hand edge of the road
- Never carry another person on your bicycle

- Always use hand signals when turning or stopping
- Look out for cars at cross street, driveways, and parking places
- Be careful when checking traffic and don't swerve when looking over your shoulder
- Give pedestrians the right-of-way
- Keep your bicycle in good condition
- Always ride carefully

Remember a bicycle is a vehicle. Bicyclists share a complex traffic environment with other larger forms of transportation. Youngsters under age nine lack the physical and mental development to interact safely in that environment.

## Ottawa Neighborhood Watch

### What is Neighborhood Watch?

Neighborhood Watch is a program to help neighbors watch out for neighbors. It aims to get citizens involved in discouraging and preventing crime at the local level. The ultimate success of Neighborhood Watch depends largely on a commitment to cooperate between area residents and the police - and more importantly, between residents themselves.

See a stranger hanging around? Take his/ or her license number - just in case.

**Your Home, Your Community ...  
Keep It Safe?**

**Join Neighborhood Watch**



## Tenant Rights and Responsibility

### You are responsible for

Paying your rent on time.

- Keeping your unit clean, up to the standard that most people would consider ordinary or normal cleanliness.
- Repairing any damage to the rental property caused by your guests whether on

purpose or by not being careful enough.

### You are not allowed to

- Change the locking system on a door that gives entry to your rental unit unless you get your landlord's permission.

Gignul Non-Profit Housing Corporation Inc.,

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**"Happy Easter to all Tenants, and their families."**  
Gignul's  
Board of Directors  
and Staff

### Inside this issue:

Turn Housework Into A Workout	2
Garbage	2
Mould	3
Door to Door Sales	3
Overbrook Community	3
Tax Changes You	3
Upcoming Events	4
Recipe of the Month	4
Pay & Win Draw	4
Joke Corner	4
Simple Tricks	4

## Turn Housework Into A Workout

A new survey shows that the average British woman spends more than 16 hours a week cleaning her home - that's the equivalent of 2 hours and 23 minutes a day!

Housework is a great way to burn calories. But as is the case with any workout, the more effort you put in, the greater the benefit.

In particular polishing, dusting, mopping and sweeping are great for keeping arms shapely. Bending and stretching, for example, when you make the bed, wash windows or do the laundry are good for toning thighs and improving flexibility. And constantly running up and down the stairs as you tidy is a good aerobic workout.

Meanwhile, more energetic household chores such as decorating and spring cleaning, burn even more calories. Don't forget the garden - weeding, digging, mowing the lawn, trimming hedges or bushes and sweeping up are all great muscles toners and calorie burners.

Start out slowly. If you have been inactive for years, you cannot run a marathon after two weeks of running. Begin with a 10-minute period of light

exercise or a brisk walk every day and gradually increase how long and the intensity of your exercise.

### Sneak exercise into your day by:

- Taking the stairs instead of the elevator.
- Going for a walk during your coffee break or lunch.
- Walking all or part of the way to work.
- Doing housework at a fast pace.
- Raking leaves or doing other yard work.

### How do you stick with it?

Here are some tips that will help you start and continue an exercise program:

- **Choose something you like to do:** Make sure the activity is easy to engage in without straining. For instance, swimming is easier on arthritic joints.
- **Get a partner:** Exercising with someone else can make it more fun.

- **Vary your routine:** You may be less likely to get bored or injured if you change your routine. Walk one day. Bicycle the next. Consider activities like dancing and racquet sports, and even household chores like vacuuming or mowing the lawn.
- **Choose a comfortable time of day:** Don't work out too soon after eating or when it's too hot or cold outside. Find a time that works best for you and when you feel good.
- **Don't get discouraged:** It can take some time before you notice some of the changes or benefits from exercise.
- **Forget "no pain, no gain."** While a little soreness is normal after you first start exercising, pain isn't. Stop if you hurt.
- **Make exercise fun.** For example, read, listen to music or watch television while riding a stationary bicycle, or take a walk through the zoo. You can learn a new dance or a new enjoyable physical activity.

## Garbage

We are still receiving numerous and ongoing complaints concerning garbage being left just outside the hallways and entranceways.

This is your home, it is up to you to decide whether you will treat it like a garbage disposal or put a stop to it.

Even debris pile-ups in front and backyards, the grounds can be kept spotlessly clean with little effort from any of your family, or the residents living in the building.

We are always experiencing garbage problems everywhere.

This practice will in turn attract flies, stray cats, dogs, raccoons and, other

rodents.

As you may be aware, the City of Ottawa has very strict rules concerning this very issue.

We wish to remind all tenants once again that you are personally responsible in maintaining your area and yards clean and clear of garbage.

Please ensure to take the time to bag up and take garbage out to the curb for pick up as expected.

Thank you for your cooperation in this matter.

All materials (recycling, green bin, leaf & yard and garbage) must be at

the curb no earlier than 6:00 pm the evening prior to your collection day and no later than 7:00 am on your collection day.

### Garbage is collected once a week.

**Green Bin:** The green bin will be collected on your regular garbage and recycling collection day. Throughout spring, summer and fall, green bins will be collected weekly.

**Recycling:** Collected on an alternate week schedule (one week **Black Box**, next week **Blue Box**).

**Leaf and yard material:** Please refer to your 2009-2011 Collection Calendar for your scheduled days.

Michael and Jeanine Corkery welcomes their new baby son "Phoenix" Rising Hawk Corkery who was born March 10, 2010, weighing 5 lbs. 6 oz.

## Moulds

### How can people decrease mould exposure?

Sensitive individuals should avoid areas that are likely to have mould, such as compost piles, cut grass, and wooded areas.

Inside homes, mould growth can be slowed by keeping humidity levels between 40% and 60%, and ventilating showers and cooking areas.

If there is mould growth in your home, you should clean up the mould and fix the water problem.

### Specific Recommendations:

- Keep the humidity level in the house between 40% and 60%.
- Use air conditioner or a dehumidifier during humid months.
- Be sure the home has adequate

ventilation, including exhaust fans.

- Add mould inhibitors to paints before application.
- Do not carpet bathrooms and basements.
- Remove or replace previously soaked carpets and upholstery.

Goal for Prevention: **Clean and Dry.**

## Door-to-Door Electricity/Hot Water Tank/Furnace/Gas Sales

What if someone comes to my door and claims to be from Hydro Ottawa? Hydro Ottawa does not sell electricity door to door, period.

If their employees need to visit your home for any other reason, they always carry an identification, and will gladly show it to you upon request.

If someone selling electricity contracts claims to be from Hydro Ottawa, please ask for their identification and call the

### Hydro Ottawa at 613-738-6400.

Same applies to your hot water tank, furnace, and gas.

Always ask for their identification and tell them they would have to call Gignul Housing since we are paying all the bills for you and no need to sign anything relating to Gignul Housing for that matter.

**Have the solicitors call Gignul Housing office regular hours**

**from Monday to Friday, 8:30 a.m. - 5:00 p.m.**

### NOW REMEMBER ALWAYS ASK FOR IDENTIFICATION

This information has been included last month's issue and apparently some tenants are still being bothered by these so called solicitors.

## Spring and Summer 2010 Recreation - Overbrook Community Centre

### Programs - Preschool General

**Well Baby Drop-in (0-3 mths)** - For babies up to three months old. Meet other parents, have your baby weighed and talk with a Public Health Nurse. No appointment required.

**Where:** Overbrook Community Centre, 33 Quill St., Ottawa.

Tel: (613) 742-5147 - Cost: Free

**Sports - Intro Floor Hockey** - 4-5 yrs - Fri: 6-6:45 pm - Apr 9-June 11 - Barcode # 423656 - Cost: Free

**Sports for Tots** - 3-5 yrs - Mon: 6:15 - 7 pm - Apr 12-June 12 - Barcode # 423648 - Cost: Free

**Hip Hop** - 8-12 yrs - Fri: 6-7 pm - Apr 9-June 11 - Barcode # 441393 - Cost: Free

**Sporty Kids Boys & Girls** - Where: Queen Mary Public School - 6-8 yrs - Mon: 7-8 pm - Apr 12-June 14 - Barcode # 423904 - Cost: Free

**Youth Drop-In** - Youth drop in programs are sponsored by the East

Ottawa Optimist Club in association with the City of Ottawa and are offered free of charge.

To register you will require a **Client Barcode(s) and Family PIN numbers**. To obtain yours, call **613-580-2588 Monday to Friday, 7am to 7pm** (with the exception of statutory holidays) and follow the prompts.

Find affordable, quality programs in the Recreation Guide.

## Tax Changes You Should Know About

You must file a 2009 personal income tax and apply for the GST/HST credit to be eligible to receive the payments starting in August 2010.

Sales Tax Transitional Benefit:

- Eligible families - including single parents - with annual income of \$160,000 or less will receive three payments totaling \$1,000.

- Eligible individuals with annual incomes of \$80,000 or less will receive three payments totaling \$300.
- Transitional payments will be delivered to eligible filers in June 2010, December 2010 and June 2011.

While no application is necessary,

You must file a 2009 personal income tax return to be eligible to receive the first two transition payments, and a 2010 personal income tax return to be eligible to receive the third payment.

For more information visit online at: [ontario.ca/taxchange](http://ontario.ca/taxchange).

**Remember to file your personal income tax return to be eligible.**

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### Pay & Win



Congratulations to  
**Rose Meness**  
for this month's Pay & Win  
winner!!

### Upcoming Events

#### May 28-30, 2010.

31st Annual Odawa Contest PowWow  
Location: Nepean, ON. Ottawa-Nepean Tent & Trailer Park.  
Info: (613) 722-3811 - www.odawa.on.ca

#### June 5-6, 2010.

Kitigan Zibi Traditional PowWow  
Location: Maniwaki, Quebec  
Info: (819) 449-1275 - Karen Buckshot-Commonda

#### June 18-20, 2010.

13th Annual Noongam Traditional PowWow  
Location: Ottawa, ON. Queen Juliana Park, Nearby Dow's Lake  
Carling Ave/Preston St. (Prince of Wales Drive)  
Info: <http://www.noongam.50megs.com>

#### June 5 - August 1, 2010.

**Wendake Competition PowWow**  
Location: Wendake, Quebec  
Info: (418) 655-5699 - Eve Bastien

#### July 31-August 2, 2010.

Wikwemikong 50th Annual Cultural Festival Contest PowWow  
Location: Wikwemikong Unceded Indian Reserve, Ontario  
Info: (705) 859-2385 - Cynthia Bell or Rob Fox

### Recipe of the Month

#### Oven-Roasted Hearty Vegetables

##### Ingredients:

12 oz peeled and de-seeded squash  
12 oz peeled sweet potato  
12 oz rutabaga  
12 oz peeled white potato  
12 oz peeled celeriac  
1 tbsp freshly chopped mixed herbs  
3 large cloves garlic  
2-3 tbsp cold pressed olive oil  
Sea salt and freshly milled black pepper

Cut vegetables into large, chunky pieces. Place in a large bowl. Sprinkle herbs, crushed garlic, olive oil and seasonings. Gently toss the bowl so that the vegetables are coated, or use a wooden spoon to mix the ingredients together.

Pre-heat the oven to 300°F. Put vegetables in a baking dish and bake for approximately an hour or until tender.

Serves 6-8

### Joke of the month

#### A friend is.....

A friend is someone you can call to help you move. A best friend is someone you can call to help you move a body.

#### Irish Medical Dictionary

Artery - The study of paintings  
Bacteria - Back door to the cafeteria  
Catscan - Searching for Kitty  
Medical Staff - A Doctor's cane  
Labour Pain - Getting hurt at work  
Terminal Illness - Getting sick at the airport

**(Q)** How do crazy people go through the forest?

**(A)** They take the psycho path.

**(Q)** What kind of coffee was served on the Titanic? and what kind of lettuce?

**(A)** Sanka and Iceberg.

**(Q)** What has 6 eyes but can't see?

**(A)** Three blind mice.

### Simple Tricks

1. Add a few drops of baby oil to the bath water to help prevent bathtub ring.
2. To remove strong smell garlic odors from hands, rub them on a stainless steel surface, such as the kitchen faucet.
3. To remove gum from hair, cover it with a peanut butter or petroleum jelly, it will slide off without much tugging.
4. Keep a dripping faucet from driving you crazy by tying a string around the end of the spout (long enough to reach the drain). Until you can fix the faucet, the water will flow down the string silently instead of dripping.
5. Rub bathroom mirrors with shaving cream and wipe off with a soft cloth to cut down on post-shower fogging.
6. If you're ever caught without a ruler, improvise with a dollar bill: it's about 6 1/8" long.